



REHABILITATE.  
RELIVE. REJOICE.

# Nina FOUNDATION'S Publication **ONE WORLD** November 2015



Shruti's brother Priyadarshi Mohapatra, MD, Ayaya, India & SAARC, accepting the Rockstar trophy from Shri. Hariharan



Smt. Nita Panchal - Will Star Awardee 2015 receiving her trophy from Shri. Hariharan



Gauri singing melodiously



Nina Foundation Trustees & Prof. Dr. S. Tendulkar, Dean (Admin) WeSchool with Hariharanji, his wife Mrs. Lalitha & Amma



Mayank Rokadia saluting with our Tri-colour in patriotic spirit

**7<sup>TH</sup>**  
**SPINAL CORD INJURY**  
**AWARENESS DAY**  
**25<sup>th</sup> June, 2015**

**LET'S WALK TOGETHER FOR A WONDERFUL TOMORROW**

**NINA FOUNDATION** - An NGO for rehabilitation of friends with Spinal Injury

The Trust's Registration Number is E-23804 (Mumbai).

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# Nina Foundation's 7<sup>TH</sup> SPINAL CORD INJURY AWARENESS DAY 25<sup>th</sup> June, 2015



## EXPERIENCE SHARING BY EXPERT PEER COUNSELLORS

15-year old Nina Foundation is now 'adult' in spite of its chronological 'teenage'. With many firsts to its credit, one more has been added. By having organised an Experience Sharing by Expert Peer Counselors viz., an ESBEPC TEAM under one umbrella. It truly does all for the cause of the spinal cord-injured, with innovations coming each time, conceptualised and curated by Dr. Ketna Mehta, and its impact was extremely effective and significant.

NINA FOUNDATION TEAM	EXPERTISE
1 Prof. Dr. Ketna L. Mehta	Solutions
2 Neenu Kewlani	Public Speaking / Self Advocacy / Asserting Our Rights / Communication
3 Sunita Sancheti	Activities Of Daily Living
4 Madhu Singh	Kitchen / Home / Rikshaw / Grocery Shopping
5 Anup Chandran	4 Wheeler Driving / Activities Of Daily Living
6 Harshad Shinde	Home Modifications
7 Oliver D'souza	Information & Audio Visuals
8 Imran Quereshi	Sketching & Advance Wheelchair Skills
9 Sanjay Jagtap	PWD Act (Laws)
10 Adil Ansari	Swimming Tips / Driving / Independent Daily Living Skills for Quadriplegics
11 Nisha Rathod	Tattoo Artist
12 Suhas Kale	Managing Director, MSHFDC - Loans
16 Vaishali Mistry	Bachatgat Loan On Savings
17 Chandrakant Chavan	Railway Pass / Bus Pass / Disability Certificates
18 Bhavna Chheda	Employment
19 Vijayalaxmi	Counselling - Social Work

NINA FOUNDATION celebrated the 7th Spinal Cord Injury Awareness Day on June 25, 2015. Mother Nature took its hand in Hers and brought out the sunny side of life, face up, after a long spell of incessant showers in Mumbai.

It was wonderful to see all celebrate this eventful evening by wearing the blue ribbon, a symbol of solidarity and friendship of Nina Foundation. Also, that of being a staunch supporter of the cause of spinal cord injury and injured. All these Friends had gathered to "renew the spirit of life of all our friends" and also to "walk together with them for a wonderful tomorrow".

## 7<sup>TH</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>TH</sup> JUNE, 2015



ACTIVE WHEELCHAIR DONATION



CUSHION DONATION



DR. (MS.) KETNA L. MEHTA OFFERING SOLUTIONS

NINA FOUNDATION 'PRESCRIBED' another first of its kind by having organised an entire team of Experience Sharing by Expert Peer Counselors viz., an ESBEPC TEAM under one umbrella at one camp! Many, from far and near, took benefit of this magnanimous camp on Thursday, June 25, 2015, 7th Spinal Cord Injury Day (SCI Day), between 2pm-4pm at WeSchool, Matunga. Celebrated by Nina Foundation each year, the response is growing and encouraging every year.





**7<sup>th</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>th</sup> JUNE, 2015**

Gratitude to this entire Team who committed themselves to this mission of extending themselves to fellow friends with SCI and most importantly, assuring every person that they were not alone in this battle and that anything **IS POSSIBLE**, even for the Impossible to be possible! It was truly wonderful to see all leave the venue with more confidence and hence, relief. God Bless them all with the courage to do and to dare... And meet the challenge.



KEM PHYSIOTHERAPY STUDENTS



PEER COUNSELLING SESSION



TATTOO MAKING

It was encouraging to see the response from friends with SCI, family and others! We, at Nina Foundation, are proud and happy to be the first in this, too.



After all settled down, Trustee, Ms. Vidya Shenoy, compered the evening in multi languages and with an impromptu wit and charm. She invited our professional singer, Gauri Kawthankar to start the evening with the rendition of **'Yeh Shyaam Mastani'**. Needless to say this song energised all for a wonderful evening to be. On behalf of Nina Foundation, she welcomed all our honourable guests with a heartfelt **Namaste!**



MS. VIDYA SHENOY

Nina Foundation is always grateful to Prof. Dr. Uday Salunkhe, Group Director, WeSchool for its continuous support. Not only for its academic support, his magnanimity, humility and sensitivity continues to inspire us all. We immensely missed him that evening. Our special guest Prof. Dr. S. R. Tendulkar, with an experience of more than 25 years in finance and as Dean-Administration; Controller of Examinations, has many first ranks in CA, Company Secretary, etc. An accredited internal auditor with 19 years of industry experience, and that of 35 years in teaching he is also a management trainer and has held honourable positions in institutions like AIMA, BMA and IIMM and has also been the past President of BMA. With fluency in both English and Marathi, he spoke very fondly of his association with Dr. Ketna Mehta for 25 years from the days of the BMA. Madhu Singh felicitated him on behalf of Nina Foundation.



MS. MADHU - FELICITATING PROF. DR. SANTOSH TENDULKAR - OUR SPECIAL GUEST - DEAN (ADMIN) WESCHOOL

**7<sup>th</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>th</sup> JUNE, 2015**

Mr. Jayant D. Mhaiskar, who spearheads MEP Infrastructure Developers Ltd., as Vice Chairman and Managing Director, was Chief Guest of the evening. He was unable to attend due to an unavoidable emergency meeting. Though we missed his presence, his wife Anuyaji made up for his absence. A talented Kathak artist, she too is also associated with the administration of the company as its Director. With talent and acumen, she and her brother started a film production company called Sudha Productions in 2008 for Marathi films, which has delivered box office hits, one of



MRS. ANUYA J. MHAISKAR

which went on to get the Maharashtra State Award under the category of Best Social Film.

Our comper, Vidya never misses an opportunity and injected light-hearted banter before she invited Anuyaji to say a few words. She reminded the audience of how the popular monthly, Reader's Digest regularly had a page called "Humour In Daily Life" in their issues. She wove a sequence around the titles of all her films and wished her good luck for her latest film, "Aandhali Koshimbir"! She said "Anuya, we wish all the very best for you to succeed in performing a "Hat-Trick" with a "Tendulkar Not Out" and have a "Sukhant"! By the way, "Aandhali Koshimbir", their latest gigantic effort is a visual expression in a comic way of daily happenings."

Mrs. Anuya Mhaiskar was kind enough to say a few words when she expressed her privilege to be a part of this very special evening where so many of our friends with SCI had displayed their talents through song, music, dance, skit & shayri. Anuyaji, we too had the privilege of having you with us!

Introduction to the Celebrity Guest of the evening, Shri. Hariharanji was done in an unusual, but Vidya-way!! She sang a **Surdas Bhajan** very beautifully.



**"Sur Kahe Shyaam, Suno Sharan Hai Tihaarey Sur Kahe Shyaam, Suno Sharan Hai Tihaarey Ab Ki Baar Paar Karo, Ab Ki Baar Paar Karo, Nand Key Dulaarey, Nand Key Dulaarey Ab Toh Jeevan Haarey, Ab Toh Jeevan Haarey"**

However, she explained in a philosophical way **"Surdasji Inke Bhajan Mein Kehtey Hain, Hum Sharan Hai Tihaarey, Hey Sunder Kanhaiyalaal, Ab Iss Samudra Roopee Sansaar Sey Hamara Beda Paar Kardo"**.

But to give a twist to this **Bhajan** she further stated, **"Aaj Hum Zara Hatke Sochenge Ki Iss Shyaam, Hum 'Sur' Yaane Sangeet Kaa Sur, Issi Shyaam roopie Harihar Ko Sharan Hai, Jo Aaj Sabkaa Beda Paar Karneywala Hai"**

Honoured with Padmashri by the Government Of India in 2004, he made his mark as an Indian playback singer in many languages Malayalam, Tamil, Hindi, Kannada, Marathi, Bhojpuri and Telugu. One of those initiators of Indian Fusion music, he established himself as a mellifluous **ghazal** singer. Two-time National Award winner, Hariharan, associating with Leslie Lewis, formed Colonial Cousins, a two-member band. He is also a recipient of other prestigious awards like the National Film Awards 1998, Yesudas Award 2004, Tamil Nadu State Film Awards 2004 and Kerala State Film Awards 2011.

He has been musically associated with D Strings. Anandan Sivamani, the percussion maestro,



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Ustad Rashid Mustafa on Tabla, Ustad Liyaqat Ali Khan on Sitar and Ustad Sultan Khan on Sarangi. He sportingly performed 'Swagatham' at the opening ceremony of the 2010 Common Wealth Games held in New Delhi. Crossing borders, Hariharanji collaborated with Pakistan-based band Strings.

Songs he chooses to sing are reflected in the lyrics, either composed by him or otherwise, by his persona.

To invite Hariharanji on the dais, she sang to the tune of *Tu Hi Re, Tu Hi Re*, his very, very popular song, albeit with some self-made lyrics to suit this wonderful evening.

*Aap hi ho...aap hi ho*  
*Nina Foundation ke mehmaan*  
*Aaoji, padhaaroji*  
*Iss satsang ko sunehra kar do!*



HARIHARANJI REGALING THE AUDIENCE WITH POPULAR SONGS

Hariharanji, who happens to be Vidya's classmate, met after almost 40 years (!) came on stage and said that he was hardly aware of her musical talent. He graciously spoke of how he was thankful of being invited by Trustee, Dr. Parinaz Humranwala as Celebrity Guest of the evening. He expressed that he was overwhelmed with the show put up and was very humbled by everyone around him. Vidya said that all present were keen not only to hear him, but also for him to sing. Without much ado, he belted numbers one after another. They came out so sincerely and naturally one by one... And all said "just one more, please"! Magnanimous that he is, he obliged willingly. Time flew out of the window, but Father Time did not stop. Dr. Ketna Mehta felicitated him. All were happy to have the gracious presence of his

mother, renowned Carnatic Vocalist, Shrimati Alamelu and also his wife, Lalitha who is a practicing Hypnotherapist. Dr. Ketna Mehta felicitated them too.

We were humbled by the august presence of All India Women's Conference Team without



SHRI. VISHNU KADAMJI - TRUSTEE, SIDHIVINAYAK TEMPLE

whom our OPD would never have seen the light of day, OPD Team & Special Guests, Dr. R. D. Potdar, Dr. Nergish Wankadia, Dr. Himanshu Doshi, Mr. Vishnu Kadam, Trustee of the Siddhivinayak Temple, Mr. Rishi Kishnani, Programming Director, RedFM. Mr. Vishnu Kadam spoke of so humorously about how the *mooshak*, vehicle of Lord Ganesh, is a great news relay and that all prayers spoken in his ear reach the Lord Himself. He graciously also got Prasad for all guests and WeSchool staff involved with the event. So very thoughtful and generous!

Nina Foundation film was screened that gave a bird's eye view of the kinetic energy it transmits to everyone's delight and pride. What a way to go! Slow but systematic steps leading to big strides, each bringing it closer to another junction of its destination.



AWC TEAM IN THE AUDIENCE

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## NINA FOUNDATION'S 7<sup>TH</sup> ROCKSTAR AWARD

Awards time brought about the presentation of the 7th Rockstar Award of Nina Foundation. Strongly committed to its mission of rehabilitation of friends with spinal cord injury and this award is given to that individual who has, with exemplary courage, faced and won the battles in life in spite of having a spinal cord injury. The awardee is chosen without bias, i.e. irrespective of geographic, religious, linguistic or ethnic differences. Dr. Sruti Mohapatra from Odisha was the recipient of this prestigious award of 2015.

krete&young created a beautiful film of our Rockstar that was sensitively informative. Dr. Sruti Mohapatra was unable to be present in person due to being indisposed with a fracture. Celebrity Guest, Hariharanji presented the award to her brother Mr. Priyadarshni Mohapatra who took it on her behalf.



DR. SRUTI MOHAPATRA'S ROCKSTAR AWARD  
BEING ACCEPTED BY HER BROTHER

NINA FOUNDATION salutes Dr. Sruti Mohapatra by presenting this year's Rockstar Award, to the one who "renews the spirit of life" and is a true Rockstar. It is proud that their Winner is a true achiever who inspires others to fly over the cuckoo's nest.

The citation awarded to her, by Nina Foundation, aptly reflects what she stands for:

### Dr. Sruti Mohapatra An Inspirational Icon

*"Fighting for the rights and dignity of the differently-abled in your own inimitable way, you have emerged as the perfect role model for the physically and mentally challenged in India."*

*"A gold medalist, a basketball national player and a topper throughout the career."*

*"Your relentless service in the disability field for the last 25 years has made you a well known figure around the country, especially for your contribution in socio-political-economic empowerment of people with disabilities in Odisha."*

*"We salute your exceptional ability, positive attitude, determination, contribution and will power."*

Rockstar  
Award



Dr. Sruti Mohapatra  
An Inspirational Icon

A topper and a gold medalist throughout her academic career and highly qualified with a Ph.D. in Developmental Biology, she was affected with spinal cord injury. She has a rich experience of 23 years in the disability sector which includes that of being Chief Executive at Swabhimana, State Disability Information & Resource Centre with activities of advocacy and legislation, training and capacity building, a publishing house to name a few. She has been associated with Anjali, a project that caters 'to restore fun-filled childhood and to create bridges for an inclusive society.' She has also been a member of the Disabled People's International that has given her travel opportunities. No wonder her special interests include writing, travelling, besides being a nature lover!

Many research papers and surveys done by her have been documented, be it on subjects like access

audit, domestic violence, mental health, urban slum survey or inclusive education. She has also authored short stories, many books in a wide variety of topics. Isn't she actually a brilliant paradigm? Or is she an exemplary human being? Actually, she is both!

Well...well, there is so much to her and here is some more about her!

Other highlights in her achievements include her as Editor & Correspondent to 'Blue File' - the first and only quarterly compilation of newspaper articles on disability in India. Presently, she is a member of the State Supervisory Board PCPNDT Act, Executive Member of Regional Spinal Injury Centre (GoO), Katak, Odisha, Member ZRUCC and Member Doordarshan Program Advisory Committee.

For all this passion, Sruti has won with many accolades, viz., the National Young Scientist Award in 1992, Red Cross Award in 2001, Saraswati Samman in 2006 for social advocacy, Times Leadership Award in 2009, CNN-IBN Real Hero Award in 2010, Kadambini (literary magazine) SAMMAN 2014 for selfless service to society.

And 2015, she gets another...  
The Nina Foundation Rockstar Award!

CAT scans, her first salary went for blood tests, procuring a wheelchair, being paralyzed, all put together was a nightmare. This did not dampen her spirits, though. In Vellore, she was given a ray of hope by staff and doctors. She began to believe... Believe in her Inner Self, to hope, and to dream again. She learnt to do things differently, that is to redesign her house so that she remained as independent as possible. For sure, adjusting to a physical disability involves complex 'unlearning' and starting afresh. For many new basic skills have to be learnt and this is not easy at all. And so she started afresh, to build meaningful relationships and accomplishing great things for all around her, too. Though, grieved and yearning for a 'normal' life, finally she returned to another new 'dawn' in her life, being neither afraid nor anguished about the future.

After her father's kidney transplant, it was she who was given a new lease of life. He helped her dream again with renewed hope. With an M.Phil and Ph.D. completed, she dreamt of becoming an asset not a burden, of being financially independent. Using a wheelchair had become a stigma and she



DR. SRUTI MOHAPATRA

was rejected because of her curled fingers. A private college in Bhubaneswar found her 'unfit' to enroll her as a lecturer because their building was inaccessible. She persevered and decided to become self-employed, run a study circle and teach. Today, her dream is a reality.

Who were the 'supporting actors on her stage of life'? People who helped her most in this road to recovery were her parents and friends. It was they who called for celebration with each and every little achievement or progress in her effort, be it sitting straight, holding a fork or buttoning up her shirt. This support and encouragement helped her immensely, both physically and emotionally, to rebuild her life again. Today, she feels that her disability has made her 'more able' in many other ways. One of the positive aspects of her paralysis taught her to slow down to a point where she could stop and appreciate nature much more. She discovered new dimensions to herself. To present her laudable efforts, a wonderful audio visual of Dr. Sruti Mohapatra, our Rockstar 2015, krete&young created a vividly beautiful film that made all in the audience extremely proud of her.

We are grateful to Madhu Narangji, Managing Director of Better Services, who magnanimously sponsored and designed this beautiful Rockstar Trophy. Narangji also caringly made a beautiful box for the Award knowing that it had to reach Bhubaneswar safely.

\*Dr. Sruti Mohapatra was unable to be present in person as she was indisposed. This felicitation of Rockstar Awardee 2015 was accorded to her brother Mr. Priyadarshni, who gave a very sensitive acceptance speech on her behalf. He went down memory lane in Sruti's life. He reflected how courageous she has been throughout her life's journey and how she continuously inspires all around her. He ended it by saying how "anything and everything is possible". Thereby, all present were inspired.

Rockstar Awardee Film: Spinal Injury Awareness Day 25 June 2015  
Part 13 - <https://www.youtube.com/watch?v=pNfU5o5f8>



## NINA FOUNDATION'S 5<sup>TH</sup> WILL STAR AWARD

This was followed by Nina Foundation's 5th Willstar Award that was given to, Mrs. Nita Panchal, who, in her journey of courage, has shown grit and determination to overcome all obstacles and risen high, to catch the stars, in spite of challenges faced by her. She has the spirit, the spirit that Nina Foundation stands for... That indomitable spirit of life with a head held high! A life that is truly filled with renewed hope, positivity and achievement!

Accompanied by her husband and son, she was honoured by Celebrity Guest Hariharanji. What a beautiful and proud moment for all specially her family! Her film by kreate&young said it all.

The phoenix is a mythological bird, said to burst into flames when it dies. It then rises from its own ashes with new life.



Yes, this is what Nina Foundation 2015 Will Star Awardee, Nita Panchal, is!

Living in a small village called Juni Dudhai in Kutch, Gujarat, her life came to a standstill. On January 26, 2001, the Bhuj earthquake caved her life in. Being denied of any help for two days, she was shifted to Hinduja Hospital where she received treatment for one year. NGOs Abhiyan and Setu encouraged her by teaching her the use of a wheelchair and being independent.

Is Nita a true successful survivor? Samuel Goldwyn said, "We want a story that starts out with an earthquake and works its way up to a climax". Probably, Samuel Goldwyn had Nita in mind when he said this. This made her set up her very own PCO booth in her village besides selling fabrics, clothes, and imitation jewellery and cutlery

items. She desired to work for society.

She participated in the Abiliypics held in New Delhi with the sponsorship and support by Handicap International. Here, her dream got clearer and started forming shape. She visualised and saw her own potential in sports, games, skills and dance. Her fortitude motivated her to establish Navjivan Mitra Mandal.

She climbed the next rung of the ladder in 2002 by representing Kutch District through its Viklang Sankan Samiti - (a coordination committee for the people with disabilities) to the World Social Forum organised in Bombay. It was only then that the little known village came to the forefront. When in 2004 she participated in special sports event in the national games in Bangalore, she did not come empty-handed. She came back with silver and bronze awards in her kitty.

At this juncture, new challenges faced her. The plate implanted to her spinal cord broke which required her to go to Ahmedabad for treatment.

However, Destiny has her ways...For this break and its treatment gave her a new "spinal cord". For it is here that she happened to meet Parag Panchal! This love story had a beautiful finale as wedding bells were heard....They married each other in 2006. Till today, each is the other's spine... giving the other support: emotionally, physically and mentally. Bless you both with inner joy always!

Reflecting on her tragedy after having undergone surgeries for twenty four times, today she has no complaints. She says she is been blessed with a loving son, Bhavya, who is about 6 years old and a caring husband who encourages her to move forward and be an achiever. For after marriage she continues to represent and use various platforms to be heard concerning issues related to women with disabilities. Her award kitty is getting heavier with more medals: a gold in the wheelchair race in 2006, yet another gold for javelin throw at special sports organised at Bangalore in 2007 and yet another gold in the wheelchair race in 2007 in the Paralympic competition.

Her social awards included best disability worker in Ahmedabad by Adarsh Amdevaadin 2012. Another extra ordinary achievement in disability sector in 2014 from Lions Club International.

The Citation Award to this Awardee, says the rest.

## શ્રીમતી નીતા પાંચાલ નીડર, સાહસિક અને ખહાદુર નારી શક્તિ

*You have struggled and stroived for success  
and triumph in your journey of life  
and you stand as a symbol of hope for the  
Spinal Injured community and society.  
In spite of a devastating spine injury due  
to earthquake at a very young age  
(17 years old) you took each day as a  
challenge to live harmoniously and  
nothing stopped your determination.*

*With the support of your parents and  
husband, today you are a Role Model  
as you continue to put efforts in  
motivating and encouraging friends  
with disabilities.*

*Your representation at the local,  
state and national level in different  
forums is truly exceptional.*

*We salute your positive attitude,  
determination and will power.*



So dear Nita, today with the Will Star Award of Nina Foundation, you add one more to your already heavy kitty. Please don't stop! Please get more and more in times to come.

She is truly a lighthouse, by showing the way to 8 people with disabilities to get married and start a family, too. She has also helped 60 people get jobs and become financially independent. She has published two books - in Gujarati "Niyati Ne Padkarnar" - (one who challenged fate) and



NITA PANCHAL GIVING HER ACCEPTANCE SPEECH

"From Foetus to the Grave" regarding women with disabilities. She is an achiever who started dreaming...a beautiful dream...and realised it!

The difference was she became an achiever by working on her thoughts and weaving her dream into a fantastic fabric: a fabric that is sturdy and yet, so colourful. She was so, so happy that she wanted to share her joy. Her inner wisdom made her take up a new easel of life to splash these exciting colours on others. Thus keeping these hues not only for her but sharing it with others.

A beautiful film on our Will Star Awardee, Mrs. Nita Panchal, was also made by kreate&young. A beautiful Will Star trophy was also sponsored by Mr. Madhu Narang, Managing Director Better Services.

She is truly a Will Star. Well, not only for her grit and determination but she takes the place of pride for she competes with none other than herself. And now, she has raised the bar much higher.

**Yadyacharati sreshthata tattadevetaro janaha -  
by setting an example for others to follow -**

**Yaaney aisey mukkam pey pahoancho,  
ki duniya salaam karey.**

Will Star Awardee Film: Spinal Injury Awareness Day 25 June 2015 Part 15  
<https://www.youtube.com/watch?v=9H8jof3C02Q>



## DISTRIBUTED & DONATED 20 HOPE KITS

### Contents of Hope Kit

It contains essential items for a better quality of life like macintosh, coloplast, urine bag, Lox 2% gel, Dettol soap, cotton swab, cotton roll, paper soap, coconut oil, Bournvita sachet, small mirror and Romson catheter.



## DISTRIBUTED & DONATED 20 CUSHIONS

(Purchased from our friend with SCI Shri. Bhupendra Chopra, Ananya Surgical - Delhi: +91 88603 36706)



## DISTRIBUTED & DONATED 6 ACTIVE WHEELCHAIRS

(Purchased from Shri. Ravi Chadha, Ortho Aids - Delhi: 011-2247 4781)



## TALENT PARADE

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The Talent Parade was something else...out of this world. All this being reflected in audience shouting "encore, one more"....So encouraging to all our friends with SCI.

All in this team, including choreographers, Eysa Khialani, Hardik and our superb makeup artist, Priti were felicitated by Hariharanji.

What followed was a 'good news' film that was screened showing all in the Nina Foundation "family" who had touched the stars and made us proud because of their achievements!

After which there was fun and bated breath as to who would be the lucky dip winner. Hariharanji's mother, Shrimati Alamelu, picked the lucky name and also presented the winner's gift to Sonal Jain. The evening came to an end with a sumptuous dinner sponsored by Dr. Mrs. Razia Manjrekar. Before which there was a high-power dance by Mayank Gandhi to a song with patriotic flavour that he actually stood up and saluted our Motherland and to those present! Wow! Mayank, what a great performance and the audience applauded with equal fervor!





## TALENT PARADE

7<sup>th</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>th</sup> JUNE, 2015



Gauri Kawthankar in her sweet voice started with the rendition of "*Shyaam Mastani*... The words of the song proved to be reflective of the evening! A wonderful evening!

Nina Foundation and Paraplegic Foundation presented a skit written by our Neenu Kewani, with fantastic direction and choreography by Oliver D'Souza. Artists Nisha Rathod and Imran Quereshi's performance reflected how supporting one another can actually lighten troubles. They showed how a little encouragement can work wonders on those having common problems. **Nisha, Imran, and Team**, Thank you for teaching us so much!

Chetan Lodaya, our funny man, presented his comic capers. Slow take off and then, *dandanaadan*... as one would say colloquially, one after another. He had every one in splits. Taking ordinary day-to-day events spun a little tale and had the audience laughing to glory. **Shukriya, Chetanbhai!**



A very skillful and lovely dance performance was presented by **Sunita Sancheti** to the romantic song and tune of: "*WITHOUT YOU*". Choreography for this dance and partnering was done by **Hardik Vaidya**.

## TALENT PARADE

7<sup>th</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>th</sup> JUNE, 2015



Adil & Rafat recited shayaris in a *Jugal Mushaira* a great experience.

*Kitnee khubee se sabka dil behlaaya?  
Aur aap kitney saare WAH WAH eteyrahe?*  
Mentored by our friend Mrs. Razia Manjrekar.

Dance *jab ek haseen jodi karti hai tab bahut achha dikhta hai. Chetan, Nisha ke shohaur hai. Un dono ko nivedan kartey hai. Iss sunder "made for each other" couple ko dance kartey, dil aur romanchit hua...*

Danced by a real life Jodi, Nisha and Chetan, to this beautiful song from Khamoshi, "*BAHON KI DARMIAAN*" were choreographed by Eysa (Eysa's Dancing Stars). This performance oozed love and romance. How beautifully it was expressed by Chetan when he not only physically lifted her at the end, but Nisha's eyes shone with sparkling love for him as much as he with his. Don't forget that their umbrella, the prop for their dance, did come handy at the end, didn't it!!

There was no end to the whistles and catcalls for this performance!



Nisha Gupta Rathod & Chetan Rathod

*Dhanyavaad Nisha aur Chetan! Hum "tere galliyon mein hum zaroor rakhenge kadam, ab aur aaj key baad..."!!*

And the final performed by Mayank Gandhi to a patriotic song, *INDIAWALE*. It was mind blowing! He, not only sported the **National Flag** on his shirt, but, he actually stood up and saluted to the audience with his left hand! **Mayank**, thank you! *Ab hamari baari aap ko salaam karneyki.*





## VOTE OF THANKS

7<sup>th</sup> SPINAL CORD INJURY AWARENESS DAY - 25<sup>th</sup> JUNE, 2015

Our extremely talented and beautiful friend, Neenu Kewlani, on behalf of Nina Foundation, gave the vote of thanks with dramatic expression. She expressed sincere gratitude to all family and friends of our very own cheerful members with spinal injuries who always fervently look forward to the celebration of SCI Day each year on June 25th. This year too, even the torrential rains could not dampen spirits and all had braved their way to the venue to celebrate. Each one was thanked as each is special because each has reached this destination by overcoming all the challenges they face in their daily lives. Also, high regard for those friends at Paraplegic Foundation, Sharan, Cheshire Home, All India Institute of Physical Medicine & Research and those who came for this fun-filled evening from out of Mumbai to add sunshine into our lives.



'HINGLISH' VOTE OF THANKS BY NEENU KEWLANI

are the catalysts in our lives to move on... and move UP!

Mrs. Anuya Mhaikar, Director MEP Infrastructure Developers Ltd., Hariharanji,



DR. PARINAZ HUMRANWALA THANKING MRS. ANUYA MHAISKAR

his wife, Lalithaji and his mother, Shrimati Alamelu were the catalysts who left all 'starry-eyed' with rendition of his *ghazals*. Special mention of someone very endearing to us, Prof. Dr. Uday Salunkhe, Group Director of WeSchool, which is inclusive and also accessible, and for very kindly and



DR. S. SAGADE, TRUSTEE, NINA FOUNDATION FELICITATING OUR SPINE FOUNDATION TEAM



FRIENDS FROM CHESHIRE HOME

Cheers to this innovative and much needed Spine Injury Awareness Day - the 7th one at that and demonstrate the solidarity for the same. Our talented artists were acknowledged for putting up a wonderful performance that entertained us and lifted our spirits that exciting evening by Mrs. Namrata Shah with homemade chocolates specially made and sponsored by her mother Jayshree Mehta. Choreographers, Eysha and Hardik, make-up artist, Priti, who put their makeup and gave them a look so professional for the talent parade, for actually creating 'NEW STARS'! Celebrity Guest, Hariharanji, felicitated them all.

Not to forget each of the invitees, who had taken time off from busy schedules and attend the function i.e. those from Government, Media, Professionals from Educational Institutions, various Corporate Houses, Service Industry, Medical and Healthcare field and also those who

## VOTE OF THANKS

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DR. S. SAGADE, TRUSTEE, NINA FOUNDATION FELICITATING SHRI. VISHNU KADAM, TRUSTEE - SIDDHIVINAYAK TEMPLE

consistently being our academic partner and walking with Nina Foundation in our journey. Also, WeSchool family, entire Security Team, Housekeeping Team, Lift in-charge, Canteen Team and the entire WeSchool facilities Department that did not compromise on their co-operation and efforts to make this function flow along so beautifully and flawlessly. Thanks were accorded to Facilities Team, Mr. Jayesh Mistry and Mr. Gobinda for smooth flow of the entire day and preparations.

Heartiest thanks to friends of Nina Foundation were expressed to our force, Dr. N. H. Athreya, Mrs. Usha Chandrashekhar, Dr. D. P. Mehta, Mr. Himmat Advani, Mrs. Panthaki, Mrs. Shamim Akhtar, Mr. Sagar Tejura, Mr. Vishnu Kadam, Trustee of the Siddhivinayak Temple, Architect Mr. Xerxes Pithawala, Dr. Veena, Principal of Somaia Medical College, Keecha, our Basketball Coach, Mr. Sai Hattangdi of Phoenix Sports, Mr. Harish of Jayna Packaging and Mr. Rishi Kishnani, Programming Director of RED FM and Volunteer students from KEM Hospital Physiotherapy Department.

Sponsors for the day were profusely thanked viz., Madhu Narangji of Better Services for their creative Trophies for the Rockstar and Will Star Awards with their beautiful cases. Mr. Nandkumar Hendre of Print House India Pvt. Ltd., Mrs. Razia Manjrekar for sponsoring the evening's dinner, Mrs. Jayshree Mehta and Ms. Namrata Shah for willingly making unforgettable tempting chocolates. Mr. Nihar Mehta of Tribal Route for sponsoring gifts for our guests every year.



RISHI KISHNANI, PROGRAMING, DIRECTOR, RED FM BEING FELICITATED BY NINA FOUNDATION TRUSTEE, DR. PARINAZ HUMRANWALA

Also acknowledged and blessed were our advertising partner, kreate&young for all the creatives and communications, collaterals, the backdrop, design of trophies, brochures, and tent cards they did tirelessly and silently for Nina Foundation under the leadership of our very own Trustee Mr. Dhaval Mehta. Special thanks to SCI Day Team comprising of Bhawana Manral of kreate&young, Oliver D'Souza, Neenu Kewlani, Sunita Sancheti, Madhu Singh, Namrata Mehta and Ratna Vora for all 'behind the scenes' coordination. Also, Vidya Shenoy, for delightfully, (and this time around,) also being a musical comper of this enjoyable evening was thanked too! Dr. Parinaz Humranwala for her role in convincing all our chief guests for gracing our spinal injury day and Dr. Ketna Mehta for planning, designing and organising the day's event.

When we begin and enjoy an evening with music and talent, all seems to lift away and, sadly, the evening comes to an end faster than one would like it be! Never mind, just 365 days to go...

**Alvida until we all meet again, soon!**

(Report by Ms. Vidya Shenoy, Trustee, Nina Foundation)

For all photos and videos log on to the links below:  
<https://picasaweb.google.com/101324490192681514408/NinaFoundation7thSpinalInjuryAwarenessDay25thJune2015ExperienceSharingByPeerCounselor?authuser=0&feat=directlink>  
Nina Foundation's 7th Spinal Injury Awareness Day - 25th June 2015 Experience Sharing By Peer Counselor  
<https://picasaweb.google.com/101324490192681514408/NinaFoundation7thSpinalInjuryAwarenessDay25thJune2015RockstarAndWillStarAwards?authuser=0&feat=directlink>  
Nina Foundation's 7th Spinal Injury Awareness Day - 25th June 2015 Rockstar and Will Star Awards  
<https://picasaweb.google.com/101324490192681514408/NinaFoundationSpinalInjuryAwarenessDay25thJune2015SCIIFriendsTalentParade?authuser=0&feat=directlink>



## ABOUT NINA FOUNDATION

**NINA FOUNDATION**, an NGO established in 2001, in the memory of Dr. Nina Doshi for rehabilitation of friends with Spinal Cord Injury.

**VISION:** To spread optimism and hope of good health to friends with spinal cord injury by offering innovative rehabilitation solutions.

**MISSION:** To offer world class spinal cord injury solutions encompassing physical, psychological, vocational, social, recreational and spiritual rehabilitation for overall well being.

Our Foundation comprises of an ace multi-disciplinary team. There is no world class SCI Rehab Centre in Mumbai or Western India. The concept of comprehensive and holistic rehab is woefully lacking. Thus, Nina Foundation's team offers home based rehab, counselling and innovative solutions to accept this devastating disability. Our impact includes educating friends with SCI, family members, doctors, therapists and society at large. Awareness, Education, Solutions, Empowerment and Advocacy to lead a good quality of life despite lack of infrastructural facilities has been our goal.

A free OPD for our underprivileged SCI friends once a week in Mumbai provides them with an opportunity to be assessed, counselled and treated by our top-notch team. Assistive Technology, aids and appliances, diagnostics, tests and surgeries are also conducted free of cost enabling them to reintegrate and relive their lives. Counselling, solutions, ideas and a unique management approach to continue with their education, employment, vocation, family life or take up new interests like volunteering, sports, home-based activities to become self-reliant and to become financially independent. Nina Foundation also offers a stipend to help with our NGO activities for six months to a year. Once confident they are encouraged to take up commercial jobs. Educational Scholarships to young SCI's give them the much-needed push to accelerate them towards their goals. Those already in jobs facing work issues of rejoining, continuation of salaries, pension, disputes and discrimination at workplace, etc. are also mediated. Organising and conducting outdoor activities periodically provides many with practice and confidence to manage bladder, bowel, negotiating stairs, travelling and eating without their known family members and more. Our Support and Buddy Group has been our biggest achievement.

All our communication, activities and events are geared to creating a positive mindset. Our one-of-its-kind newsletter - **One World**, since 2000 continuously informs and shares **GOOD NEWS**.

A Phd research on SCI Rehab Management was also successfully completed in 2009.

LAURELS FOR NINA FOUNDATION	
NCPEDP Shell Helen Keller Award in 2002	
NASEOH Award in 2005	
Limca Book of World Records 2008 edition	
Inclusion in the book 'Chicken Soup for the Indian Spiritual Soul' in 2009	
Rotary International Award for Research Study on Healthcare Rehabilitation Management in 2009	
Guest Editorship of the maiden special issue on Spinal Injury by 'Success and Ability' 2012	
Expert on GOI, MHRD, Task Forces on (i) Educational Development (ii) Vocational Education & Skill Development for People with Disabilities - 2012	
Empaneled by TIFAC (Technology Information Forecasting and Assessment Council) under Ministry of Science and Technology to create a Technology Vision Document 2035, with specific emphasis on Technology for the Disabled	
Regional Consultant for WHO (World Health Organisation) Research Report on International Perspectives on Spinal Cord Injury - 2013	
Endorsement by various Spinal Cord Injury and other Disability Groups for initiating Spinal Injury Day on 25th June for the first time in India	
CL Associate for Inclusive Employment	
Moneylife Foundation Women's Day Award - 2014	
Empowered over 1000 friends with spinal injury to lead a good quality of life	
Charter Member of Consumer Committee by Spinal Cord Society	



## ABOUT NINA FOUNDATION

Spinal Injury Awareness Day has been initiated and instituted by Nina Foundation since 25th June 2009. It is endorsed by over 25 National Disability organisations. Rockstar and Will Star Awards exclusively for SCIs has been instituted since then! A Medical Assessment Camp was conducted in

Mumbai whereby several economically disadvantaged friends with Spinal Injury from all over India (Kashmir, Kolhapur, Akola, Amravati and Mumbai) attended and benefitted. Our focus is to generate interest, involvement and inspiration to live with dignity.



## NINA FOUNDATION'S FREE SCI OPD IN MUMBAI: PROJECT NIRMAAN



FOR APPOINTMENTS PLEASE CALL  
Ms. Madhu Singh +91 98195 61835,  
Ms. Kajal Haryani +91 98217 89958,  
Dr. Ratna Vora +91 98693 00390  
E-mail: [ninafoundation@gmail.com](mailto:ninafoundation@gmail.com)

- Once a week on Wednesdays for three hours. (2.00 pm – 5.00 pm)
- Multi-disciplinary team of Doctors and Therapists including Spine Surgeon, Urologist, Homoeopath, Physiotherapist, Orthotist, Peer Counsellors, Social Worker and Sahyogi under one roof.
- Mentoring and Guidance by an ace Trustee Board.
- Collaboration with AIWC. (All India Women's Conference, Santacruz – East, Branch)
- Rehabilitated 100 friends with Spine Injury from different parts of India, free of cost.
- Assessment, Diagnostic, Counselling, Evaluation, Assistive Technology and Treatment provided.

## OPD TEAM

### SPINE SURGEONS

Dr. Priyank Patel, Dr. Aditya Kashikar  
Dr. Kutub Akbari, Dr. Nishant Kumar,  
Dr. Rishikesh Mehata

### UROLOGISTS

Dr. Suraj Suchak, Dr. Chirag Punatar

### HOMOEOPATHS

Dr. Sadik Patel, Dr. Sowmya Poojary

### PHYSIOTHERAPISTS

Dr. Dhruv Mehta, Dr. Ratna Vora, Dr. Ashish Dubey

### GYNAECOLOGIST

Dr. Nupura Kashikar

### PEER COUNSELLORS

Ms. Madhu Singh, Ms. Bhavna Chheda

### SOCIAL WORKER

Ms. Maya Kishor

### ASSISTIVE TECHNOLOGIST

Mr. Vaibhav Pawar

### YOGA & PRANAYAM

Ms. Vidya Shenoy

### SAHYOGIS

Mr. Arvind Gothankar, Mr. Jilledar, Shubhangi Tai

### CO-ORDINATORS

Ms. Anupama Ganesh, Ms. Kajal Haryani



## NINA FOUNDATION AT MUMBAI MARATHON 18<sup>th</sup> JANUARY, 2015 - REPORT

Yes, at Nina Foundation, we are not only always on the move...but also on the run! With participation in the 2015 Standard Chartered Mumbai Marathon held on January 18<sup>th</sup> for the 11<sup>th</sup> time, Nina Foundation once again proved that we CAN and that we WILL. Friends with Spinal Cord Injury and members of the Nina Foundation, beyond doubt, proved that they do what they believe in... "Walking together for a wonderful tomorrow". Simply exemplary!

The Nina Foundation Team comprised of 94 friends supporting its cause, that included members with Spinal Cord Injury and their families, its Trustees, volunteers and friends. All met at 6.45 am sharp in the designated area outside St. Xavier's College at Metro, Mumbai. Each ready to meet this year's challenge with their numbers on the bib ready to go out there and make everyone's day including their own.

Friends with SCI of Nina Foundation were the **TRUE STARS** of this beautiful sunny, Sunday morning, spreading positive energy and emitting renewed hope. They moved on confidently with utter joy catalyzed by the cheers from supporters who came to encourage them! All waved out as Friends of Nina Foundation passed by which was duly responded with smiles and waves. Each year is a new experience, not only for our friends with SCI but also for volunteers. Each successive year sees the participants growing in numbers. It was heartwarming and fun to see so many citizens get up so early to cheer all the participants. What camaraderie! **THIS IS THE MUMBAI SPIRIT. THIS IS THE SPIRIT OF SOLIDARITY OF NINA FOUNDATION.** To be there by participating this very special Sunday morning each year!

John Abraham, Ambassador of the Standard Chartered Marathon, Dia Mirza, Kalki Koechlin, Shaina NC, to name a few, were all smiles as they cheered and waved out to all participants as they passed the podium. What a wonderful atmosphere as these celebrities and the common citizens egged one and all.

The annual Mumbai Marathon is now an event in which Nina Foundation participates every year. In fact all the 'regulars' have earmarked their calendars in advance for the next! By being a part of such a social event, our Members build up their self confidence and esteem. It is in fact, a platform where old friends greet and new friendships are forged. These outings help all to form support groups where they stay in touch to 'care and share'. Each one inspires, supports, encourages the



other. This interaction helps them to move closer to their dream! It makes them go further than they had planned or even envisaged that they could? Hearty congratulations to all our wonderful members and friends with SCI who participated in this year's Mumbai Marathon. Three cheers to each of you!

These special events are backed up by a silent Team who made it possible. From submitting forms, furnishing documents or distributing marathon kits or distribution of bibs to members and seeing that our SCI friends actually reach the designated area, all has to be finely coordinated. Our stalwarts included Bhawana Manral, Oliver D'Souza,



Pooja Khedekar and of course, our dependable kreate&young Team, who made beautiful placards. Our Trustees, Dr. Ketna Mehta, Dhaval Mehta, Dr. Parinaz Humranwala and Vidya, too, heartily participated. This time too, around there was special excitement in our designated area. Magicians and jugglers entertained all present. Fantastic lively music was there. Would not there be dancing then? Food packets and refreshing tea was offered to one and all by the Marathon volunteers. Our 'Champions with Disability'! Cheers! To us, **YOU ALL** are winners, for you have won our hearts!!

Well, actually, we at Nina Foundation hail and honour them **ALL**. For these **ARE THE TRUE CHAMPIONS**, not just those participating in the Marathon. We look up to them, because they are the true inspiration to others by setting an example themselves.

So, here's from Nina Foundation...  
...**BE ON THE MOVE**, as we will be...  
Eagerly awaiting our next Marathon!





NINA FOUNDATION AT MUMBAI MARATHON • 18<sup>th</sup> JANUARY, 2015 - REPORT



NINA FOUNDATION AT MUMBAI MARATHON • 18<sup>th</sup> JANUARY, 2015 - REPORT





## DARSHAN VISIT ON FOUNDER'S DAY 9<sup>th</sup> MARCH 2015

The much awaited Founder's Day (Dr. Nina Doshi's Birthday), March 9<sup>th</sup>, a spiritual sojourn celebrated in a unique way. Visiting new places of worship, beyond any man-made barriers of religion. Just to **FEEL HIS** presence in our lives. This darshan visit is, not only just an outing and a social interaction but is actually a spiritual calling to take a visit, for those who stop to listen to the sound of silence within. And to sensitise the temple authorities to make their premises wheelchair accessible and mind-sets to welcome all without discrimination.

It was a fabulous **MAGIC MONDAY**, for, this year the untold blessing came in the form of a beautiful experience with a '**yatra**' to **Dharmakshetra** in **Andheri**, which is where **Shree Sathya Sai Baba**



lives on. A visit to this destination brought immense joy to the many who answered His blessed call. It is they who left the **kshetra** with abundant peace within. This plan was possible only due to **His Divine Grace** that worked through the very humble, hospitable, amiable magnanimous Trustees, wonderful volunteers and devotees. Thank you Mr. K. B. Santhanam, Mr. Bhat, Mr. Vasant Nayampally, Mr. Vinod Narayan for the wonderful arrangements. Not to forget those silent, 'behind the scenes' **evakaris** who had made the flawless, well timed functional arrangements, which thoughtfully included accessibility ramps, chairs and the **Mahaprasad** made and served by kitchen devotees-

**Om Sahanavavatu, Sahanau Bhunaktu...**Not to forget the **Tri Devis** having the melodious voice of **kokilas** who sang **bhajans** so beautifully with the accompaniment of the **dholak** player, without whom the **bhajans** would have been incomplete. For, when the strings of the '**veena**' within our hearts pelt music out of devotion, is not the heart without the beat lifeless? This is exactly why our **dholak** '**PACE**' KEEPER was so important!

This year's spiritual outing was organised by our Trustees, Dr. Dhruv Mehta and Ms. Vidya Shenoy. It was well supported, as usual, by Pooja Khedekar. Also like each year, members of Cheshire Home and Paraplegic Foundation also joined in this darshan visit to make it a great celebration. Guests and friends with SCI



accompanied by their family members, escorts and friends too made their day, galore! Also blessed were our and extended family, charming ladies of **AIWC (Akhil Hind Mahila Parishad)**



## DARSHAN VISIT ON FOUNDER'S DAY 9<sup>th</sup> MARCH 2015



**Santacruz (E) Branch** without whom our **OPD, Project Nirmaan** that offers free service to those affected by **SCI** would not have been possible.

The morning started with melodious **Sai Bhajans and Naam Japas** by the melodious



trio with Vidya's interlude of a **Krishna Bhajan, 'Hey Govind, Hey Gopal'** which asks Him to tide us all safely across the river of Life to the 'other shore'. After which, Vidya took over, as usual, to handle and anchor the morning's flow.

Being **Sankashti** dedicated to **Lord Ganesh**, she began with invocations to **Him, Lord Dattatreya, Vedavyas** and the **Gurus** followed by asking for **Grace of Shri. Sathya Sai Baba**. Thereafter she welcomed one and all with special mention of members of **Nina Foundation, Cheshire Home and Paraplegic Foundation, AIWC (Akhil Hind Mahila Parishad) Santacruz (E)** and definitely each and every friend with **SCI** who had come all the way.



Vidya started with a brief introduction of how the human body (**Pind**) is a replica of the Universe (**Brahmaand**). And added that Nature's five elements in the body are represented by the **Chakras, viz., Mooladhar, Swadishthan, Manipura, Anahad, Vishuddha, Adnyaa and**



**Sahasrar**. And how God resides in our heart, the '**altar**' in the '**a temple**', our human body. She sang a beautiful **Bhajan** that describes exactly these thoughts.

This time Vidya took the course of **Pravachan** in Hindi, she explained the meaning of **Sai and Baba**. **Sai Baba** is believed to be **Shiva and Mata Parvati - Devi**. He is one in all and all in one. He is the repository of all auspicious omens on this planet, a munificent donor of all sacred blessings, and Benevolence Incarnate. **Sai Baba** is an eliminator of evils, propeller of genius, and promoter of achievements and saviors of devotees. He is **Pragya Dham of Vishwa Mata, Gayatri Mata. Lord Sai** is Father and Mother of and is there for all.



**DARSHAN VISIT ON FOUNDER'S DAY 9<sup>th</sup> MARCH 2015**

"SAI" is made of two terms: – "SA" and "I":

"S(A)" → meaning auspicious and Divine.  
Saakaar. Sagunaroop-dhari

"A(A)" → meaning AAE as in mother,  
Supreme Mother.

"I" → symbolic representation of  
Ishwar. Sakshat Ishwar.

"Baba" → meaning father.

In short, "Sai Baba" means "Divine Parents". Literally "Sai" is taken from the Sanskrit term "Swami", meaning Lord or Master and Baba means father or protector. So the whole term means "Heavenly Father, Protector or Master". She gave a reference to the answer that Shri. Swami Ramakrishna Paramhansa gave a disciple, Shri. Master Maharaj, when he was asked "What does Sai mean?" He said, "A Siddha who is a *Sthithapradnya* (who is not affected by anything or anyone)."

She said how when the right time comes, our Guru 'finds' his student, steps into our lives and evolves the *shishya*. For which we have to do *Sadhana* and practice good deeds, unconditionally. How we need to go through stages of *Satsang*, *Nissangatvam*,



*Nirmalatvam* that lead to *Jeevan Mukti* that can be achieved in Life as well.

She rounded off with the beautiful bhajan in Sanskrit "Atmashatak" by Shri. Adi Shankaracharya. It was a beautiful rendition that

included *Saamudayik Namajapam*. All in the interactive audience joined in the chorus. "*Shivohum, Shivohum Satchidanandohum*".

Before inviting our friend with SCI Shri. Sambhaji



Jadhav of Cheshire Home to sing a *bhajan*, Vidya introduced him as a very fine creative artist, as the one who writes poetry, who sings and also paints cards. Many bought these cards made by him. This truly did make him feel very happy and proud of his achievements. God Bless you! May you fill colours in your life too, Sambhaji!



Vidya invited Dr. Dhruv Mehta, our Trustee to speak about Nina Foundation, its growth and its vista of activities, the OPD services of our Doctor Trustees and their Team, that are given to the needy and those below the poverty line, totally free of cost. He mentioned how fruitful this venture has

**DARSHAN VISIT ON FOUNDER'S DAY 9<sup>th</sup> MARCH 2015**

been with friends with SCI coming from far off villages. They are all given expert medical advice coupled with counseling by our Trustees and Team which goes a long way in their rehabilitation.



A wonderful *Arti* was arranged, for which all had a prized chance to do the *Arti* individually. A disciplined organised queue enabled all to do so at their own pace. After which envelopes containing *Shri. Satya Sai Baba's* photo and *Udi* were distributed to one and all. This was followed by blessed *MAHAPRASAD*.



Needless to say, many pictures were taken to enable all to 'go down memory lane' whenever they wanted to. Each wished the other a 'soulful' goodbye and thus ended yet another Founder's Day with a beautiful epilogue.





**MONEY  
LIFE  
ARTICLE 1**

**SUGAMYA BHARAT ABHIYAN ACCESSIBLE  
INDIA FOR ECONOMIC GROWTH**  
DR. KETNA L. MEHTA

The Sugamya Bharat Abhiyan is not fault-proof and there are gaps, questions, doubts and scepticism. However, the government has taken up this issue and from the sound and look of the campaign, it will not disappear too soon.

24 September 2015 was a red-letter day. A historic moment at the housefull YB Chavan Auditorium where bureaucrats, ministers, corporate honchos, education institutional heads, public sector units (PSUs), non-governmental organisations (NGOs), government staff and friends with visual, hearing, speech, physical impairments' like polio, spinal cord injury, muscular dystrophy gathered for the inauguration of a nationwide flagship campaign, "Sugamya Bharat Abhiyan" for achieving universal accessibility for People With Disabilities (PWDs).



Bright red-carpeted ramps were laid out for wheelchair users with student volunteers guiding through registrations, elevator, auditorium and washroom. There was a sign language interpreter throughout the conference. The volunteers led the guests with blindness to their seats. The sign language National Anthem by the children of Ali Yavar Jung National Institute for the Hearing Handicapped (AYJNHH) energised everyone for the sessions ahead. This signified that it is just not another scheme by the government but

their heart, mind and soul is into making it successful. The detailing in planning and execution projected a professional launch campaign. Every one cheered with hope in their hearts and a broad smile on their faces that truly the 80 million estimated people (26.8 million as per Government of India-GOI figure) with disability in India would have the opportunity to access education, employment, transport, health care, recreation, sports and more, equally and with dignity!

This campaign in one stroke 'acknowledges' the existence and the Rights of People with Disabilities unconditionally!

With the guidance and leadership of Prime Minister Shri. Narendra Modi, the mantle for initiating and implementing this much needed creative campaign is in the hands of Mukesh Jain, Joint Secretary, Department of Empowerment of People with Disabilities, Ministry of Social Justice and Empowerment. His credentials evoke



awe: IIM (A) 1985, IPS, IG Police 1989-2010, Harvard 2005 and he has served the Ministry of Commerce & Industry. Listening to his enthusiastic, extempore speech unravelling the strategy, which comes across as BOLD, INCLUSIVE, COLLABORATIVE, STRATEGIC, and INNOVATIVE. He admits that they are a small team and the task humongous and they invite the involvement of all the stakeholders for fruitful outcomes of this campaign.

What is the Accessible India Campaign about?

1. Increase the accessibility of the **Physical Environment**.
2. Enhance the accessibility and usability of **Public Transport**.
3. Enhance the accessibility & usability of **Information & Communication**.

The objective and targets for the Accessible India Campaign, (highlights):

- Four cities in Maharashtra - Mumbai, Pune, Nagpur and Nasik to be made completely disabled friendly.
- A web portal for crowd sourcing the requests regarding inaccessible places is in the offing. And so is a mobile app to click and upload on the Accessible India Portal. It will also invite PSUs and Corporates to partner in the campaign for Access audits and conversions.
- 50 buildings in metros will be made fully accessible to persons with disabilities via retrofitting of ramps, lifts, toilets, and signage.
- 75 important railway stations and all international airports will be made fully



accessible by July 2016. Enhance the pool of sign language interpreters by 200 by July 2019. Ensuring that at least 50% of all websites and public documents of the Central and the State Governments meet accessibility standards (2019).

The 'Accessible India' campaign is a magic wand, which will eliminate obstacles and barriers to indoor and outdoor facilities including schools, medical facilities and work places. These would include buildings, footpaths, curb cuts and obstacles that block the flow of pedestrian traffic. Transportation

systems and information and communication, TV programs would also have sign language and captions making it accessible to all.

Three cheers for our new 'Accessible India Campaign.'

A child with disability today is dependent on his parents and family members-caregivers for basic activities-for e.g. If she has spinal cord injury and living on the 2nd floor flat without a lift, she has to be carried in her wheelchair physically. So in the school bus, classes, tuitions sessions, movie theatre, and parks she has to sometimes forgo computer and sports classes as a wheelchair cannot navigate the obstacles leading there. The mother has to visit the school twice or thrice to assist her with her toileting needs. So we have a non-confident, weak, shy youth- not very sure of getting a job, earning a salary, maintaining a family and enjoying a full life.

The new initiative will enable the youth with disability to have equal opportunities to contribute and grow. Imagine by 2019, even 50% of the 80 million PWDs have equal access to education, jobs and enterprise. It would mean that much more growth and prosperity for India.

The campaign is not fault proof, there are gaps, questions, doubts, trepidation, and scepticism - can the Government of India be trusted to execute this ambitious plan?

Whatever the case - the fact is that a bureaucrat has taken up this issue and from the sound and look of it - it will not evaporate too soon!

There are some loose - ends but the PWDs and the NGOs actively perusing the cause of the disabled are both positive and happy. As for the first time in the history of India, the root cause preventing them to rise and shine is being tackled in a coordinated and systematic effort.

So now, there is no time to whine and cry and take pot shots at the gaps. Now is the time to join hands to work together towards a bright Indian horizon beckoning the huge dignified disabled population!

Sugamya translates to reaching in a dignified manner. Heads up!

*(Dr. Ketna L. Mehta is an educationist, editor, author and Founder Trustee of Nina Foundation that serves for the rehabilitation of economically and socially disadvantaged people with spinal injuries, www.ninafoundation.org)  
This article was published in Money Life on 28th Sept, 2015*

**MONEY  
LIFE  
ARTICLE 1**



**MONEY  
LIFE  
ARTICLE 2**

**NINA FOUNDATION'S FREE OPD FOR SPINAL CORD INJURY  
'PROJECT NIRMAAN' COMPLETES A CENTURY!  
DR. (MS.) KETNA L. MEHTA & MS. ANUPAMA GANESH**

India ranks second in the number of people with spinal cord injury, over 20,000 fresh cases added every year. Yet, there are only 28 rehabilitation centres with just 900 beds across the country.

A frail, malnourished, bony Gulab Pawar with a smile on his face and stooped posture arrived at Nina Foundation (An NGO for rehabilitation of friends with Spinal Cord Injury) on 5th March 2014. The location was Community Hall, which doubles up as a Balwadi, dance class and clinics belonging to AIWC (Santacruz East) branch, near V. N. Desai Hospital. Pawar's wife and daughter both tried after a three-hour road journey from Kashmir, near Bhayander, were dejected when the sole earning member of their family fell from a tree from about 10 feet high. Gulab Pawar is a tribal from Varsova Village in Thane district. Volunteers from the Swadhyay Parivar met Pawar during their visits to the village and contacted Nina Foundation. Pawar had fractured his spine at D10-11 level, which resulted in paraplegia. He was completely bed-ridden and dependent on his family (wife and three school-going kids). He was also depressed. He had not seen any medical doctor or therapist since his spine surgery and did not have any clue about bladder care, exercises and sores. An efficient medical team created by Nina Foundation assessed, counselled, guided and treated him - all under one roof at one time. The team comprised of a spine surgeon, urologist, physiotherapist, homeopath, social worker and peer counsellor. During his assessment, Pawar barely spoke. The senior physiotherapist advised use of callipers and walker to help him

stand and also taught him exercises to do every day to strengthen his muscles. After a few weeks, the senior physiotherapist Dr. Dhruv Mehta and the Orthotist visited him for follow-up and fitting of the callipers. Nina Foundation also arranged for parallel bars on rent for Pawar at his home to help him regain mobility, strength, balance and range of motion.

Smita Varikh came to the OPD in July 2014. A little more than a year before that, she was a resident of a village in Ratnagiri district. While drawing water from the well outside her house, a tree fell on her, fracturing her spine at the neck. A fortnight after this incident she was brought to KEM Hospital, where a surgery was done to stabilise her neck and spine. The accident left her bedridden and paralysed neck-down (quadriplegic). After the surgery, the family relocated to Nallasopara. At the OPD, complete assessment,



counselling and examination showed that she needed further hospital care. So, Nina Foundation got her admitted in the nearby V. N. Desai Hospital under Dr. S. Y. Bhojraj (also a trustee of Nina Foundation) for a complete evaluation.

A spinal cord injury patient would have spent over ₹20,000 as consultations only, plus almost a month for appointments, cost of travel, foregoing a day's salary by the family member plus all the effort. At the Nina Foundation OPD, they are assessed by the entire team under one roof in a single visit.

For the past fifteen years, Nina Foundation has worked relentlessly to spread hope and optimism amongst the spinal cord injured. Nina Foundation's ethos is to 'give the best to the poorest' - be it highly expensive and qualified doctors, counselling

or treatment! Its latest innovation is a free non-residential once-a-week outpatient department (OPD), which was launched on 5 March 2014. The Santacruz East branch of All India Women's Conference (AIWC) very magnanimously offered their community hall to conduct the OPD. Through this venture, Nina Foundation's ace multi-disciplinary team assess, counsel and treat friends with spinal injury - all under one roof, in a single visit. They also help with diagnostics, transport, assistive technology, home modifications and home physiotherapy.

Nina Foundation's vision of giving hope to our friends with spinal cord injury is achieved at the OPD through personal one-to-one attention and time investment by top class doctors. The team of experts at the OPD also includes Peer Counsellors - friends with spinal cord injury, who have struggled and learnt how to face life at home, at workplace and in society. They interact with the patient and offer solutions, which are doable and unique thus improving their quality of life! However, the edge and the key difference at this OPD is homoeopathy consulting.

Many patients coming to the OPD are from an economically challenged background. Some of them have not seen a doctor for years due to financial and accessibility issues. The family members/care-givers tend to overprotect the patient. They are also at the receiving end of the anger and frustrations of the patient and need guidance and counselling.

**Why Spinal Cord Injury OPD in Mumbai?**

The World Health Organization (WHO) has declared spinal cord injury as the most devastating injury in the world (2012). According to International Statistics, India stands second with the number of Spinal cord injury patients. The total number of spinal cord injury patients is about 1.5 million. Fresh cases every year are almost over 20,000. There are only 28 Rehabilitation Centres in the entire country with a provision of 900 beds only. In India there are only two world-class rehabilitation centres - Indian Spinal Injuries Centre (ISIC), New Delhi and Christian Medical College (CMC), Vellore.

The main cause for Spinal Cord Injury may be an accident, fall from height, bullet injury, adventure sports like paragliding, scuba diving, rock climbing, and river rafting. Other reasons may be diseases like



**MONEY  
LIFE  
ARTICLE 2**



## A FREE OPD FOR SPINAL CORD INJURY COMPLETES A CENTURY!

### MONEY LIFE ARTICLE 2



tuberculosis or tumour in the spine and others. The spine affects functioning of the entire body. In Spinal cord injury, generally the patient loses control over body movement and, most likely, has medical complications such as chronic pain, bladder and bowel dysfunction and increased susceptibility to respiratory and heart problems. They become Quadriplegic (paralysis neck down) or Paraplegic (paralysis waist down). This significantly changes every aspect of life.

Mumbai is still awaiting a world-class Rehabilitation Centre, which should have all the facilities for diagnosis of Spinal Cord Injury. It comprises of diagnostic facility of all tests under one roof, pathology, uro-dynamics, physiotherapists, recreation space and more.

Nina Foundation had exhibited a scientific poster about the weekly OPD at the Annual Conference of Association of Spine Surgeons of India (ASSICON) in 2014.

### The Free OPD offers:

- 1) **Hope Kit:** It contains essential items for a better quality of life like macintosh, urine bag, Lox 2% gel, Dettol soap, cotton swab, cotton roll, paper soap, coconut oil, Bournvita satchel, small mirror and Romson catheter.
- 2) **Frequently Asked Questions (FAQs)** in 3 languages: Hindi, Marathi and English. FAQ's covers answers to all the common questions, which a friend with spinal cord injury would hesitate to ask.
- 3) **Assistive Technology:** Appropriate Wheelchairs, Callipers, Catheters, Medicines and home modification.
- 4) **Homeopathy medicines** couriered periodically.
- 5) **Free transportation** is arranged for some patients, who cannot afford to travel to and from the OPD.



6) Nina Foundation has a specially fabricated ramp at the OPD for a dignified entry and exit without any hassles.

Nina Foundation served its 100th Friend with Spinal Cord Injury in the OPD on 2nd September 2015. Alka Nigam who came from Badlapur with her elderly mother was helped with travelling cost and all the assessment and counselling. Her chief complaints were bed sores, urinary tract infection and piles.

Nina Foundation urges hospitals, spine/orthopaedic and neuro surgeons, physiotherapists, urologists to connect their old and acute patients to the Nina Foundation OPD such that they can also get superior rehabilitation guidance to lead a better quality of life.

### The details of the OPD are as follows:

Project Nirmaan:

Day: Every Wednesday | Time: 2 pm - 5 pm

Venue: Akhil Hind Mahila Parishad, Community Hall, 11th & 6th Road Corner, Near V. N. Desai Hospital, Santacruz (East), Mumbai - 400 055.

For Appointments & Information, please contact:

Ms. Madhu Singh - +91 9195 61835 - OR -  
Mrs. Kajal S. Haryani - +91 98217 89958 - OR -  
Dr. Ratna Vora - +91 98693 00390  
Helpline: +91 97696 80820

Prior appointments are mandatory for the patients coming to the OPD. For more information, please visit the website: [www.ninafoundation.org](http://www.ninafoundation.org).

*(Dr. Ketna L. Mehta is an educationist, editor, author and Founder Trustee of Nina Foundation that works for the rehabilitation of economically and socially disadvantaged people with spinal injuries. Her PhD Thesis was "Market Potential Study for a World Class Spinal Cord Injury Rehabilitation Centre in Mumbai". She is also Editor and Associate Dean Research, Weschool. Ms. Anupama Ganesh is Trustee of Nina Foundation. She launched the Free Spinal Cord Injury OPD in 2014. Email: [ninafoundation@gmail.com](mailto:ninafoundation@gmail.com). [www.ninafoundation.org](http://www.ninafoundation.org))*

### MONEY LIFE ARTICLE 3

## WHY DO SOME PLACES OF WORSHIP DISALLOW THE DISABLED

Invisible dirt is allowed, people with filthy minds & filthier acts are allowed, but people on wheelchairs are not allowed at places of worship in India. Isn't it time to stop this discrimination?



Many places of worship in India do not allow people on wheelchairs to enter their premises or the sanctum sanctorum as a policy. This is extremely demeaning, hurtful and insulting form of racism, apartheid and discrimination. Freedom to travel may be written in our constitution but there are several man-made barriers and impediments in the form of policies and concepts that are being propagated since time immemorial. So far people with disabilities have succumbed to these dictums, pressures as well as illogical thinking and retreated sadly. Consider that many people:

- Use spectacles for low vision and poor eyesight
- Use hearing aids for poor hearing
- Neck belts and waist belts for pain
- A pacemaker for proper heart functioning
- Artificial limbs (hands/legs) for mobility
- Artificial dentures as a substitute for teeth

And some of us use wheel chairs. And yet, disabled are stopped from entering many places of worship.

Places of worship allow wife-beaters, molesters, murderers, robbers, swindlers, alcoholics, smugglers, cheaters, kidnappers and more. People who harm our environment by polluting our rivers, cutting trees and throwing garbage, are also allowed. Visibly there is no way to know the purity of a person. They look perfect. And so such people are allowed everywhere; freely without any barriers. People like us who have visible signs of being on wheelchairs are barred! This is done under the pretext that the wheelchairs are impure and filthy. Invisible dirt is allowed, people with filthy minds and filthier acts are allowed, but people on wheelchairs are not! Weird.

Nina Foundation celebrates its **FOUNDER'S DAY** on 9th March every year by organising a 'Spiritual

Outing' for all its friends with spinal injury and their family members. All of us have, due to an accident, incident or disease, obtained a spinal injury. World Health Organization (WHO) has declared it as the most devastating disability and which is a permanent disability without any cure! Our legs, hands, bladder, bowel, skin, bones, muscular strength, respiration, digestion all are affected. We use aids like wheelchairs, walkers, crutches, callipers, splints for our mobility.

The reason Nina Foundation commenced this 'Spiritual Outing' activity was more to express our point of view and thinking to the 'Managers' of these spiritual places for the need to have a paradigm shift. Religion and India are synonymous. It was heartening to learn that both foreigners Steve Jobs (Apple) and Mark Zuckerberg (Facebook) started their journey of glory by first visiting a temple in India. Aren't heads of such institutions supposed to be more enlightened and aware about the needs and emotions of the human race per se?

We, the friends with disability are a huge constituency (80 million x 4 average number of family members = 320 million people). We do not want to impose or force anyone, but this issue of transparent apartheid, definitely deserves to be uppermost in the consciousness of an educated and civilized nation!

The original thought by our great leaders seems to have been enveloped by cloudy thinking, by the current gatekeepers of our revered religious institutions. Gandhiji suffered racism, Vivekananda suffered racism and yet they became global leaders. We as followers seem to have lost our way.

Who truly needs solace, peace, ray of hope and joy? Those people whose life has suddenly altered due to a life-changing event like an accident. We not only have lost our limbs, but also our hope to live. Going outdoors gives us some semblance of a 'fulfilled life'. Praying and being blessed in a place of worship gives us hope and joy. Being denied entry anywhere due to our wheelchairs makes us 'feel' disabled; mentally and physically.

The day we have an 'inclusive' mind-set when we treat every human being with dignity, respect and equality without any discrimination - we can say "There is GOD in each one of us and we all are free and equal"! Let's all work together towards that day.

*(Dr. Ketna L. Mehta is an educationist, editor, author and Founder Trustee of Nina Foundation that works for the rehabilitation of economically and socially disadvantaged people with spinal injuries. Her PhD Thesis was "Market Potential Study for a World Class Spinal Cord Injury Rehabilitation Centre in Mumbai". She is also Editor and Associate Dean Research, Weschool. E-mail: [ninafoundation@gmail.com](mailto:ninafoundation@gmail.com). [www.ninafoundation.org](http://www.ninafoundation.org))*





REHABILITATE.  
RELIEVE. REJOICE.

# GOOD NEWS 2015



NINA FOUNDATION'S  
**FREE SCI OPD**  
IN MUMBAI  
'PROJECT NIRMAAN'  
COMPLETES

**1**  
YEAR  
&  
**100**  
PATIENTS



TEAM OF OPD DOCTORS & PEER COUNSELLORS



## GOOD NEWS 2015



GROWING  
STARS



SANIKA SHAHASANE (HSC RESULTS 77%)

GROWING  
STARS



PRASHANT KOTKAR (HSC RESULTS 63%)

GROWING  
STARS



BHAVNA CHHEDA IN HER SCHOOL, RASHTRIYA SHAALA'S  
WEBSITE - FOR BEING SSC TOPPER

SETS NEW  
RECORD



ADIL ANSARI

GETTING  
INDEPENDENT



RAJASHRI PATIL  
OUR 'RURAL' SCI CHAMPION

LUCKY  
GIRL



MADHU SINGH  
GETS A HUG FROM THE BADSHAH OF BOLLYWOOD



## GOOD NEWS 2015



FLASH MOB  
DANCE



3RD DECEMBER 2014

AWARDED FOR  
BEST ORATION



NEENU KEWLANI

ENTREPRENEUR  
NEHAL THAKKAR



RED LETTER INC. MADE NINA FOUNDATION A PART OF ARIJIT SINGH'S CONCERT



NINA FOUNDATION - CHARITY PARTNER AT NAVI MUMBAI MARATHON



## GOOD NEWS 2015



KOMAL BORA



AT AKASHWANI RADIO STATION - BEED



AWARD CEREMONY

OUR ADVERTISING  
PARTNER



BHAWANA MANRAL WEDS DILIP  
SERVICING EXECUTIVE - kreate&young

DR. BHOIRAJ'S  
SON TIED THE KNOT



TEJAS WEDS SURABHI

VOLUNTEER



ADITI MOORTHY WEDS KAUSHIK



NISHANT KHADE WEDS SHEETAL



## GOOD NEWS 2015



WANT PROMOTION? GIVE PHYSICAL TEST

### FIRE BRIGADE'S CRUEL JOKE ON PARALYSED FIREMAN

Paralysed from the waist down since an accident at the Work department in 2005, Tushar Parab has been asked for a physical test for



A TRUE  
"FIRE" FIGHTER

### BMC wants handicapped fireman to pass physical test for promotion

Tushar Parab, who was paralysed from the waist down after being injured on duty in 2005, was subsequently denied a job in the fire department because he was handicapped. He has now been asked to pass a physical test to be considered for promotion.



TUSHAR PARAB

CHAMPIONS OF NINA FOUNDATION  
SWIMMING



ADIL ANSARI - NATIONAL LEVEL GOLD MEDALLIST



GROWING STAR - NISHA GUPTA



KARTIKI PATEL - NATIONAL LEVEL BRONZE MEDALLIST



GROWING STAR - OLIVER D'SOUSA

## GOOD NEWS 2015



CHAMPIONS OF NINA FOUNDATION  
BADMINTON



KARTIKI PATEL  
NATIONAL & INTERNATIONAL PLAYER  
GOLD MEDALLIST - WH1 WOMEN'S SINGLES



NEHAL THAKKAR  
SILVER MEDALLIST - WH1 WOMEN'S SINGLES



SUNITA SANCHETI  
SILVER MEDALLIST - WH1 WOMEN'S SINGLES



KOMAL BORA  
BRONZE MEDALLIST - WH1 WOMEN'S SINGLES



ANUP CHANDRAN  
SILVER MEDALLIST - WH1 MEN'S SINGLES



HARSHAD SHINDE  
BRONZE MEDALLIST - WH1 MEN'S SINGLES



## GOOD NEWS 2015



### CHAMPIONS OF NINA FOUNDATION BASKETBALL CAMP



BASKETBALL CAMP WITH SPORTS INCLUSION UK  
COACH MR. JASPAI DANI



MR. DHAIVAL MEHTA - TRUSTEE



MS. VIDYA SHENOY - TRUSTEE  
Represented India at the Global Forum "Campaigning for Change" organised by Alzheimer's Disease International and Alzheimer's University at Geneva, Switzerland in 2014

## GOOD NEWS 2015



DR. PARINAZ HUMRANWALA - TRUSTEE  
Being felicitated for being on the Advisory Board of Nikar Homoeo Times, Gujarat Homoeo Health Newspaper published from Baroda and registered with Ministry of Information and Broadcasting, GOI



DR. KETNA MEHTA - TRUSTEE  
AWARDED ON WOMEN'S DAY, 8<sup>th</sup> MARCH 2015  
Also the popular RJ of RED FM Malshika, interviewed Ketna on Women's Day.



ANAHITA PRADHAN PASSING OUT  
FROM CAMBRIDGE WITH HER  
HAPPY PARENTS!



FASHION ON WHEELS - SASMIRA



SHWETA MEHTA FEATURED IN  
'WOMAN ON TOP' MAGAZINE



DHRUV MEHTA - TRUSTEE NINA FOUNDATION  
VISITED NEPAL POST EARTHQUAKE FOR  
AIDING THE REHAB PROCESS



NITIN GOYAL - Nokia, was selected to be amongst CFO India's 2nd Annual Treasury 20 Roll of Honour 2015... a tribute to his exceptional contribution to the Treasury function! His contribution was recognised in the category of "Risk Management."



## NINA FOUNDATION AS NGO PARTNER AT INDIA REHAB & CARE EXPO ORGANISED BY INFINITY EXPO 19, 20, 21<sup>st</sup> NOVEMBER, 2015 - MUMBAI

### NINA FOUNDATION'S PLEDGE FOR PREVENTION OF SPINAL CORD INJURY

- I PLEDGE TO DRIVE ANY VEHICLE SAFELY WITH A VALID DRIVING LICENCE AT ALL TIMES.
- I WILL NEVER DRINK AND DRIVE.
- I WILL NEVER USE THE MOBILE PHONE WHILE DRIVING.
- I WILL FOLLOW ALL TRAFFIC LAWS AND NEVER INDULGE IN OVER-SPEEDING.
- I WILL FOLLOW SAFETY PRECAUTIONS LIKE PUTTING ON SEAT BELT (FOR CARS) OR PROPER HELMET (FOR TWO WHEELERS).
- I WILL ALWAYS BE AWARE OF MY SURROUNDINGS.
- I WILL CHECK LIGHTS, BRAKES AND TYRE CONDITIONS BEFORE DRIVING.
- AS A PEDESTRIAN, I WILL ALWAYS LOOK BOTH SIDES OF THE ROAD BEFORE CROSSING.
- I WILL CROSS THE ROAD ONLY FROM ZEBRA CROSSING WHEN THE GREEN LIGHT FOR PEDESTRIAN IS ON.
- I WILL NOT USE THE MOBILE WHILE CROSSING THE ROAD.
- I WILL USE FOOTPATH WHILE WALKING.
- I WILL HOLD SMALL CHILDREN'S HAND WHILE WALKING ALONGSIDE OR CROSSING THE ROAD.
- I WILL HELP THE ELDERLY OR THE DISABLED WHILE CROSSING.
- I PLEDGE TO ENSURE THAT ALL SAFETY EQUIPMENTS ARE USED WHILE PARTICIPATING IN ANY ADVENTURE SPORTS.
- I WILL UNDERSTAND AND FOLLOW RULES & INSTRUCTIONS WHILE PARTICIPATING IN THESE ADVENTURE AND OTHER SPORTS.
- I WILL HELP PEOPLE AS PER THE GUIDELINES SHARED & LEARNED TODAY IN THE EVENT I AM A WITNESS TO ANY OF THESE INCIDENTS IN MY LIFE.
- LET'S ALL COME TOGETHER & PLEDGE TO SPREAD THIS CAMPAIGN AMONGST MORE PEOPLE AND PREVENT SPINAL CORD INJURY AS WELL AS PAIN & LOSS.

I PLEDGE TO SPREAD THIS MESSAGE TO  
MY FRIENDS, FAMILY & NEIGHBOURS.

Thanks to Infinity Expo for the honour of making us their NGO partner for the first-ever Rehabilitation Expo in Mumbai. Our free OPD at the expo assessed and counselled 15 patients with SCI who visited us from different parts of Maharashtra, by our Team in 3 days. A well - designed workshop "Prevention of SCI" on 20th Nov, 2015 at the expo saw a house full hall through the 3 hours.

A live demonstration on the usage of the SCOPP STRETCHER to prevent further damage to the spine post Road Traffic Accidents or Falls was extremely well received. Our gratitude to Bombay Ambulance Society for stationing their Ambulance free of cost on both days outside the Expo, as well as providing the SCOPP STRETCHER for the demo.

Certificates were awarded to all participants at the end of the workshop. A pledge led by Dr. Ketna L. Mehta was undertaken solemnly by all present too, giving the workshop finale a motivational end!



NINA FOUNDATION AT INDIA REHAB & CARE EXPO - 2015  
<https://picasaweb.google.com/101324490192681514408/NinaFoundationAtIndiaRehabAndCareExpo>

## EDITORIAL DR. (MS.) KETNAL MEHTA

*Nina Foundation has been campaigning and communicating at various forums as well as letters to the Ministries over the years, besides passionately rehabilitating the increasing number of friends with spinal cord injury.*

*It is imperative that Spinal Cord Injury is included as a Separate Head in the schedule of various Disabilities listed under the amended Rights of Persons with Disabilities Bill, pending with the parliamentary affairs standing committee.*

*To support our argument Nina Foundation has the following researched facts published in One World over bi-monthly newsletters over the years (since 2000).*

*I do hope the above important facts will galvanize the Government to acknowledge Spinal Injury as an independent disability not clubbing it with multiple disabilities or under orthopedically handicapped categories. And have future policy guidelines developed to improve the quality of life of friends with Spinal Cord Injury!*

\* World Health Organization (WHO) has declared Spinal Cord Injury (SCI) as the most devastating permanent disability.

\* The extent of disability covers movement (2 or 4 limbs), sensation, bladder, bowel, skin, bones, respiration, fertility and digestion in varying degrees.

\* International Perspectives On Spinal Cord Injury (IPSCI) report 2013 by WHO provides an analysis of what works to improve the lives of people with disabilities in the areas



*of health, rehabilitation, assistance and support, infrastructure, transportation, education and employment.*

\* Road Accidents are the major cause for SCI and 12 lac p.a. get seriously injured!

\* India has 1.5 million people with SCI and 20,000 added each year.

\* Americans with Disabilities Act lists down Spinal Cord Injury as a separate disability. So why not India, with a higher population?

*Ketna*

*(Dr. Ketna L. Mehta is an Educational Editor, Author and Founder Trustee & Editor of Nina Foundation that serves for the rehabilitation of economically and socially disadvantaged people with spinal injuries. Her PhD Thesis was "Market Potential Study for a world-class Spinal Cord Injury Rehabilitation Centre in Mumbai". She is also Editor and Associate Dean Research, WeSchool. E-mail: [ninafoundation@gmail.com](mailto:ninafoundation@gmail.com) [www.ninafoundation.org](http://www.ninafoundation.org))*

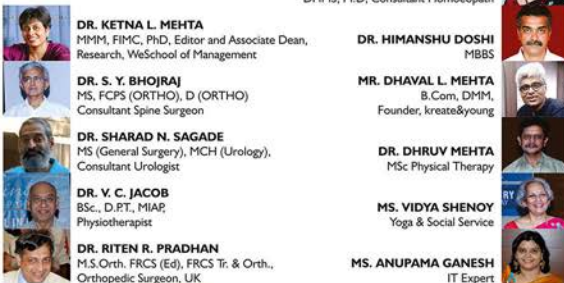


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## Rockstar Awardees



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### SHUKRIYA FOR WALKING TOGETHER



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